

**Crew Rest**

GMT	Crew	Activity
05:45–05:55	CDR	Morning inspection
06:00–06:10	FE-1, FE-2	
06:10–06:40		Post-sleep
05:55–06:25	CDR	Prep for TV address
06:25–06:35		TV address: Congratulating B.E. Chertok
06:35–06:41		
06:45–07:35		BREAKFAST
08:50–09:30	FE-1	Maintenance of ? ? ?
09:30–11:00		Physical exercise (RED)
09:35–09:40	CDR	Calldown of ? ? counter data
09:40–09:45		Calldown of ? ? ? data
10:00–11:00	FE-2	Physical exercise (TVIS)
10:10–10:25	CDR	Private family conference ( <i>S-band</i> )
11:00–12:30	FE-2	Physical exercise (RED)
11:00–12:00	CDR	Physical exercise (active rest)
11:00–12:00	FE-1	Physical exercise (TVIS)
12:30–13:30		LUNCH
13:30–13:45	FE-2	UF1 payload status check
15:00–16:30	CDR	Physical exercise (active rest)
15:45–16:00	FE-1	Private family conference ( <i>S-band</i> )
17:20–17:50		Daily plan review
17:50–18:05		Daily planning conference ( <i>S-band</i> )
18:05–18:35		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

**NOTES:** See OSTP for references to US activities

End of radiogram